SASKATOON metro®

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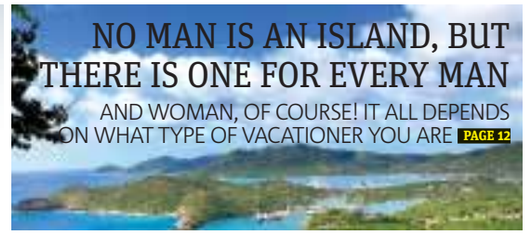
Paul Sullivan suffers through a modern pastime: a 'Which Beatle are you?' quiz PAGE 8


NO MAN IS AN ISLAND, BUT THERE IS ONE FOR EVERY MAN
AND WOMAN, OF COURSE! IT ALL DEPENDS ON WHAT TYPE OF VACATIONER YOU ARE
PAGE 12

UKRAINE NO JOKE: TRUDEAU

Liberal Leader Justin Trudeau in the House of Commons on Parliament Hill in Ottawa on Tuesday. The leader apologized to the Ukrainian ambassador for a joke he had made about Ukraine, which is steeped in political turmoil. Story, page 4. SEAN KILPATRICK/THE CANADIAN PRESS

Could going south solve grain backlog?

Weighing alternatives. Premier says U.S. transportation system seems to have 'greater competition, greater capacity to handle'

Premier Brad Wall says it might be time to look at shipping grain south through the United States instead of east and west to Canadian ports.

Wall made the comments Tuesday while voicing his frustration over a grain backlog that has left a record crop sitting in bins across the Prairies.

"While the U.S. transportation system isn't perfect, they certainly have not had the degree of trouble we've had. There seems to be greater competition, greater capacity to handle," said the premier.

"And so in addition to the option of two providers going east-west, maybe we need to look increasingly at the option of having grain move south and being part of the U.S. system to port, so we can actually serve the markets that are so important to our farmers."

Wall mused about possible incentives from the province for a north-south railroad.

It would help to diversify transportation, he said.

"If this is the new norm … of the volumes we're seeing and we're going to continue seeing some oil on rail and potash on rail, I just fundamentally think it's time we look at every option and maybe increase the options we have for moving these commodities, not just east and west, as I say, but maybe north and south to a greater degree," said Wall.

Still a ways to go

Grain-handling companies have told the province that it may be well into 2015 before the backlog is cleared.

Saskatchewan said Monday it wants the federal government to oversee negotiations on performance agreements between grain and rail companies.

Federal legislation allows a government arbitrator to decide if a signed service agreement between a shipping company and a railway has been violated, but most grain handlers don't have such contracts. That means rail companies determine the level of service they're going to provide.

THE CANADIAN PRESS

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NEWS 1

Spokeswoman DeeAnn Mercier shares a laugh with longtime Lighthouse residents Donna Deschambeault, left, and David Dombowsky. Lighthouse has a shortage of winter gear, but is remaining positive. SARAH TAGUIAM/METRO IN REGINA

Southern Sask. shelters strained

'It's really sad.' Lighthouse Supported Living in Saskatoon running out of winter gear to hand out, says spokesperson

The continuing deep freeze in southern Saskatchewan has emergency shelters in Regina and Saskatoon feeling a strain due to heavy use and dwindling resources.

"The more people we have means an increase in duties for housekeeping and in the kitchen for meals," Martin McCarter, executive director of Salvation Army Regina's Waterston Centre, said on Tuesday.

"We've had budget assessments looking at how we can maintain the services we provide."

The Waterston facility has 52 beds, including 20 recent additions. McCarter said they're almost always full.

Saskatoon's Lighthouse Supported Living has also been affected. According to spokeswoman DeeAnn Mercier, the shelter doesn't have enough winter gear such as mitts, toques and jackets to hand out.

"It's really sad," Mercier said. "People are asking us for mitts all the time, and we just can't seem to keep enough of them on hand."

Through social media, Lighthouse has reached out for donations. The shelter also recently held its first Coldest Night of the Year Walk, which raised more than $40,000.

Mercier wants Lighthouse to acquire winter clothing and to expand its stabilization shelter for users with drug or alcohol addictions.

"It's been a very long and cold winter," she said, "and it's been a constant battle. But we always find room for anyone in need."

Environment Canada meteorologist John Paul Cragg, for now, can offer little comfort in the region's forecast.

"We're just in a pattern where cold arctic air is streaming in with no Pacific air to moderate the temperature," Cragg said.

"It does look like spring is going to be delayed."

SARAH TAGUIAM/METRO IN REGINA

Within bounds?

Trial wraps for constable charged with assault

A Saskatoon police officer accused of punching and pepper-spraying a teen while the youth was held down on the ground is to hear the verdict next month. Const. Luke St. Onge is charged with assault causing bodily harm and assault with a weapon.

Defence lawyer Aaron Fox said in closing arguments that the officer's actions were within bounds to make the boy stop struggling, to allow police to check him for weapons and to handcuff him.

Crown prosecutor William Burge said St. Onge was out of line in dealing with the 130-pound youth.

St. Onge has been suspended with pay pending the outcome of the trial.

THE CANADIAN PRESS/CKOM

Saskatchewan Party

Premier says he wants a third term

Saskatchewan Premier Brad Wall says he wants to stick around for a third term because there's more work to do. Wall says he will be the first Saskatchewan Party candidate nominated for the next provincial election at a March 20 event in his hometown of Swift Current.

The premier says he has asked all of the Saskatchewan Party members of the legislature to indicate whether they plan to run again. The next provincial election was to take place in November 2015, but has been bumped back to April 2016 so that it doesn't overlap with a federal vote.

THE CANADIAN PRESS

California couple find rare coins worth $10M in their own backyard

Most profitable dog walk. Quiet couple's buried treasure could be the largest such discovery in U.S. history

A California couple out walking their dog stumbled across a modern-day bonanza: $10 million in rare, mint-condition gold coins buried in the shadow of an old tree.

Nearly all of the 1,427 coins, dating from 1847 to 1894, are in uncirculated, mint condition, said David Hall, co-founder of Professional Coin Grading Service of Santa Ana, which recently authenticated them.

Although the face value of the gold pieces only adds up to about $27,000, some of them are so rare that coin experts say they could fetch nearly $1 million apiece.

One of six decaying metal canisters filled with 1800s-era coins unearthed in California THE ASSOCIATED PRESS

"I don't like to say once-in-a-lifetime for anything, but you don't get an opportunity to handle this kind of material, a treasure like this, ever," said veteran numismatist Don Kagin, who is representing the finders. "It's like they found the pot of gold at the end of the rainbow."

Kagin would say little about the couple other than that they are husband and wife, are middle-aged and have lived for several years on the rural property where the coins were found. They have no idea who put them there, he said.

The pair are choosing to remain anonymous, Kagin said, in part to avoid a renewed gold rush to their property by modern-day prospectors armed with metal detectors.

They plan to put most of the coins up for sale through Amazon while holding onto a few keepsakes. They'll use the money to pay off bills and quietly donate to local charities, Kagin said.

THE ASSOCIATED PRESS

London High Court. Judge frees IRA man, cites secret letter promising no arrest

An Irish Republican Army veteran charged with the IRA killing of four soldiers in London's Hyde Park in 1982 has been freed from custody after a judge ruled that the British government misled the man into thinking he could travel to England without fear of arrest.

London High Court Justice Nigel Sweeney found that Britain's Northern Ireland Office in 2007 provided John Downey with a confidential document promising him he was not wanted for any outstanding IRA crimes.

The judge said Northern Ireland police knew that their London counterparts still wanted to arrest Downey and soon recognized the mistake in the government's letter to Downey, but failed to tell anyone to retract the letter.

He said the document encouraged Downey, who lives in the Republic of Ireland, to fly through London's Gatwick Airport, where he was arrested last year and charged with murder and other terror charges.

London police used fingerprint and witness evidence to identify Downey as an IRA member involved in the Hyde Park blast, when a nail bomb in a parked car exploded as ceremonial mounted troops passed, mortally wounding four soldiers and seven horses.

THE ASSOCIATED PRESS

Secret promises

Tuesday's judgment revealed a secret practice by Britain's previous government to provide letters promising safe passage home for scores of IRA members who remained fugitives from British justice, living for decades mostly in the Republic of Ireland.

- Until now, the public had been led to believe that IRA fugitives from justice remained on the British wanted list.

Mexican government intent on keeping Guzmán

Joaquín "El Chapo" Guzmán THE ASSOCIATED PRESS

Mexico made clear Tuesday it is determined to keep Joaquín "El Chapo" Guzmán in its highest-security prison for the foreseeable future, putting off U.S. extradition.

The Mexican government says there is no way Guzmán will repeat the 2001 escape that let him roam western Mexico for 13 years as he moved billions of dollars of cocaine, methamphetamine and heroin around the world.

Authorities say they want to be the first to interrogate Guzmán, and use the information to dismantle his Sinaloa cartel, a multibillion-dollar enterprise that dominates drug trafficking in much of Mexico.

Federal judges ruled Tuesday that Guzmán will have to stand trial on separate drug-trafficking and organized-crime charges in Mexico.

President Enrique Peña Nieto's administration said Guzmán, widely considered the world's most-powerful drug lord until his capture, will face at least six other pending criminal cases before it even considers extraditing him to the U.S.

Experts warned that keeping Guzmán in Mexican hands could squander the opportunity to exploit his knowledge of the country's biggest drug cartel. U.S. prosecutors have proven far more capable of offering captured drug lords incentives to co-operate with law enforcement, experts said.

Mexican authorities arrested Guzmán, 56, Saturday morning in the Pacific coast city of Mazatlán. THE ASSOCIATED PRESS

Gay rights

Arizona governor will ponder bill veto

Gov. Jan Brewer returned to Arizona Tuesday to face a pressing decision about a bill that has prompted a national debate over religious and gay rights.

The Arizona Legislature passed a bill last week allowing businesses whose owners cite sincerely held religious beliefs to deny service to gays. It allows any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination.

Brewer will likely spend the day or longer pondering Senate Bill 1062 before deciding whether to sign or veto it. THE ASSOCIATED PRESS

Discrimination

"We must be suspicious of legal classifications based solely on sexual orientation."

U.S. Attorney General Eric Holder, on why state attorneys general aren't obligated to defend laws in their states banning same-sex marriage if the laws discriminate in a way forbidden by the constitution.

U.S. military

Congress to review defence budget

The Obama administration's push for a smaller, nimbler military unveiled Monday must now face the scrutiny of a Congress that has spent years resisting cuts to the defence budget, often advocating costly programs the Pentagon does not even want.

President Barack Obama will submit his budget to Congress next week. THE ASSOCIATED PRESS

Liberal Leader Justin Trudeau has apologized after facing heat for comments that lightheartedly linked the conflict in Ukraine with the Russian Olympic hockey defeat. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau says sorry for joke about Ukraine

No laughing matter. Liberal leader apologizes for remark about Russian invasion as opponents look to capitalize on the gaffe

Justin Trudeau was back on Parliament Hill Tuesday to face the music for his joke about Ukraine, as the Conservatives and NDP pondered once again how to make the Liberal leader's latest gaffe stick.

Trudeau told the media he waited until Tuesday to apologize because he "wanted to make sure that I had the chance to express directly to leaders in the Ukrainian community … how seriously the Liberal party takes the situation in Ukraine."

He added that his joke during a pre-taped appearance on a Radio-Canada current affairs program "made light of some very real fears and concerns that Ukrainians have about Russian intervention."

Trudeau apologized earlier in the day to the Ukrainian ambassador to Canada after making a quick visit to the embassy. Vadym Prystaiko, who had called for the apology a day earlier, praised Trudeau for being the first Canadian politician to sign a book of condolences.

Trudeau also took to Twitter to say he'd made amends with Paul Grod, head of the Ukrainian Canadian Congress.

In his interview last Thursday with Tout le Monde en Parle, Trudeau suggested Russia, peeved about being eliminated from the medal round in Olympic hockey, might vent its spleen by getting involved in Ukraine.

"It is even more worrisome now," Trudeau said in the interview, broadcast Sunday night. "Especially since Russia lost in hockey, they will be in a bad mood. We are afraid of a Russian intervention in Ukraine."

"Only because of hockey?" the show's host, Guy A. Lepage, asked Trudeau as other panellists chuckled.

"No," Trudeau replied. "It is an attempt to bring a light view of a situation that is extremely serious and extremely troubling."

In the aftermath of Trudeau's comments, both the Conservatives and NDP pounced in an effort to inflict some damage. Trudeau is consistently ahead in public-opinion polls and wrapped up a successful policy convention in Montreal over the weekend.

THE CANADIAN PRESS

A gaffe-ing matter

In the last year, Trudeau's political foes have taken aim at his remarks on China, his joke about used car salesmen, his comments following the Boston marathon bombings and now on Ukraine.

- Tory insiders say it's just a matter of time before Trudeau's verbal missteps start to hurt him, and the Conservative strategy is to simply bide their time until he does himself in.
- And yet, Trudeau is still comfortably atop the polls.

Political acrobatics

"There is a high-wire act element with Justin Trudeau, to be sure, but so far he's managing to pull it off. He seems to have pretty good instincts, and there's smart people around him keeping him on track."

Richard Johnston, public-opinion expert at the University of British Columbia

Parliament watchdogs say Tory bill will enable dirty politics

Parliament's key watchdog agencies say a Conservative bill aimed at exposing potential partisanship in their offices raises problems of basic fairness and could actually hamper their own investigations.

Tory MP Mark Adler's private member's bill would allow any MP or senator to accuse an employee of an office of partisan conduct and demand an investigation.

It also proposes to force employees of those agencies to make a public declaration of their political activities going back a decade.

Here's mud in your eye

Issue was taken with the fact that the bill has no definition of "partisan conduct."

- "Under this (bill), nobody has to even think up reasonable grounds; they can just fling mud," said Ethics Commissioner Mary Dawson.

That's not sitting well with eight officers and agents of Parliament, who wrote to the Commons ethics committee to register their concerns. Three appeared before MPs at a hearing Tuesday.

Ethics Commissioner Mary Dawson, Chief Electoral Officer Mark Mayrand and Auditor General Michael Ferguson all questioned the necessity of the bill when other statutes and codes already require the non-partisanship of their employees.

THE CANADIAN PRESS

Misuse of public funds?

N.L. to spend $60K to clean up image of seal industry

Newfoundland and Labrador is funding an awareness campaign aimed at seal industry "misconceptions" ahead of a World Trade Organization appeal.

Fisheries Minister Keith Hutchings said Tuesday the province will give $60,000 to the Seals and Sealing Network, an industry group that's leading the campaign.

Animal-rights groups say this is a misuse of public funds. THE CANADIAN PRESS

Toronto. Ford opens up to American TV host, shuts down local journalists

The mayor of Toronto was happy to discuss drinking and drugs with the host of a U.S. morning show on Tuesday but bristled when asked questions on the same issues by journalists in his own city.

"I don't use illegal drugs. I experimented with them, like probably a year ago, but I don't use drugs," Rob Ford told Today show host Matt Lauer. "Things are going fantastic, Matt."

Ford took a combative stance when asked by Toronto reporters to clarify his comments.

Not quite perfect

"Maybe you're perfect, but I'm not. We're moving on in a positive direction."

Toronto Mayor Rob Ford, to Matt Lauer.

"Don't be jealous if I do an interview with an American station," he told journalists while leaving a news conference where he refused to answer questions on drug use.

THE CANADIAN PRESS

Central African Republic orphans' long walk to safety

Christian-Muslim. Sectarian violence rages, breaking up families, making orphans of young children

Ibrahim Adamou's parents had just been killed in front of him. He wasn't sure whether any of his five siblings had survived the attack by Christian militiamen who opened fire on his family of herders as they journeyed on foot.

The seven-year-old just knew he had to keep running.

Covering 100 kilometres barefoot and alone, he slept under the thick cover of banana trees at night and followed the red rutted paths by day, not entirely sure where he was going, with nothing to eat.

Finally he encountered peacekeepers who gave him some cookies and pointed the way to Carnot, where a Catholic church was sheltering 800 Muslims, including many ethnic Peuls like Ibrahim. With the help of a Christian man on a motorcycle who risked his life by giving the boy a lift, Ibrahim arrived at the church early Monday.

"When we got to a checkpoint, the militia fighters told the man, 'Leave the boy here and we will kill him'," Ibrahim recounted softly. "But the man said, 'If you are going to kill him, you must kill me too' and then they let us pass."

What is even more remarkable about Ibrahim's story is that there are at least six other children under the age of 10 with a nearly identical story in Carnot. As violence rages against Muslims deep in the bush in the country's southwest, children appear to be, often, the only survivors. THE ASSOCIATED PRESS

Hiding, walking, hungry

When one orphan heard motorcycles on the road, he would hide in the woods. When the roads were empty, he just kept walking, asking anyone he could where he could find the peacekeepers who were guarding Muslims.

- An elder shaved the heads of the orphans to indicate they are in mourning for their parents.

Christian militiamen opened fire on Ibrahim Adamoud as he journeyed on foot with a group of herders. His parents had already been killed. He wasn't sure whether his siblings survived the attack. KRISTA LARSON/THE ASSOCIATED PRESS

Name game's changing in Cuba

When Yanitse Garcia's first-born came into the world, Garcia decided to save her daughter a lifetime of grief by choosing a simple name.

"What I liked about Olivia is precisely that it wouldn't be a bother for her," said Garcia.

Garcia is part of Cuba's so-called Generation Y, the thousands upon thousands of islanders born during the Cold War whose parents turned tradition on its ear by giving them invented monikers inspired by Russian names like Yevgeny, Yuri or Yulia.

The phenomenon was so prevalent that dissident writer Yoani Sanchez chose "Generation Y" as the title of her well-known blog; her counterpart on the cyber-ideological battlefield is a pro-government blogger and tweeter who uses the handle Yohandry Fontana.

More than two decades after the fall of the Iron Curtain, Cubans are increasingly returning to more traditional handles for their kids, saying they believe it will better suit them personally and professionally when they grow up.

Decades ago many Cuban parents named their kids after other family members or honoured the Roman Catholic saint associated with a child's birth date.

While there's no public data available, experts have noted a trend away from Y-based and other eccentric names in recent years. THE ASSOCIATED PRESS

Umbrella Girl

Top Banksy work of art nearly stolen, cops say

Neighbours foiled what police say was an attempt to steal a chunk of a cinder-block wall bearing a painting by the elusive British graffiti artist Banksy.

Investigators say the building owner called Friday afternoon, saying someone was attempting to cut out the painting that was created after Hurricane Katrina.

A neighbour says he asked a man working there for proof he had a permit to take down the painting. By late afternoon, he'd left. The painting is called the Umbrella Girl.

Someone tried to steal this piece of wall art in New Orleans by the elusive artist Banksy. CONTRIBUTED

It shows a mournful girl holding an umbrella from which rain pours onto her as she extends a cupped hand. Word of activity at the site appeared earlier Friday on Facebook, with pictures showing part of the wall that had been removed. THE ASSOCIATED PRESS

1965 VW Beetle

Stolen bug found after 40 years

A man whose 1965 Volkswagen Beetle was stolen nearly 40 years ago and recently recovered in Detroit says he never stopped grieving for the red convertible that he had running "slick as a ribbon" before it was stolen.

Joe MacDonald of Knoxville said he used to buy Beetles to fix. The car, now white, was found when border agents checked paperwork as it was being shipped. Border officials said the current owner did not know the Beetle was stolen. THE ASSOCIATED PRESS

Franny Beecher

Rock 'n' roll great dies at 92; rocked to age 90

Franny Beecher, lead guitarist for Bill Haley and the Comets, which helped kick off the rock 'n' roll era with the hit Rock Around the Clock in 1955, has died. He was 92. Beecher died in his sleep Monday night at a nursing home near Philadelphia. He started playing guitar before crowds when he was 17 and continued until 90. The Comets broke up in 1962, but in the 1980s, Beecher and some of the originals reunited and played tour dates. THE ASSOCIATED PRESS

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Uganda. Newspaper publishes list of the country's '200 top' gays

A Ugandan newspaper published a list Tuesday of what it called the country's "200 top" gays, outing some Ugandans and raising fears of violence against those named just a day after the president enacted a severe anti-gay law.

Many on the list "are scared and they need help," said Pepe Julian Onziema, a prominent Ugandan gay activist who was named in the Red Pepper tabloid. "Some want to leave the country and they are asking to be helped."

Meanwhile, U.S. Secretary of State John Kerry said Monday's signing of the bill by President Yoweri Museveni marked "a tragic day for Uganda and for all who care about the cause of human rights."

He warned that Washington could cut aid to the East African nation over the new law, which punishes gay sex with up to life in prison. THE ASSOCIATED PRESS

A Ugandan reads a copy of the Red Pepper tabloid newspaper in Kampala, Uganda on Tuesday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Students targeted. Islamic militants launch attack on Nigerian school

Islamic militants set fire to a locked dormitory at a school in northern Nigeria, then shot and slit the throats of students who tried to escape through windows during a pre-dawn attack Tuesday. At least 58 students were killed, including many who were burned alive.

They "slaughtered them like sheep" with machetes, and gunned down those who ran away, said one teacher, Adamu Garba.

Soldiers guarding a checkpoint near the coed government school were mysteriously withdrawn hours before it was targeted by the militants, said the spokesman for the governor of northeastern Yobe state.

Female students were spared in the attack, said the spokesman, Abdullahi Bego, though girls and women have been abducted in the past by militants of the Boko Haram movement, whose name means "Western education is forbidden."

This time, the insurgents went to the female dormitories and told the young women to go home, get married and abandon the Western education they said is anathema to Islam, Bego said. All of the dead were teenage boys or young men. THE ASSOCIATED PRESS

Eye for an eye

U.S. expels three Venezuelan diplomats

The United States has expelled three Venezuelan diplomats in response to similar action against three U.S. consular officials in Caracas. Venezuelan envoys Ignacio Luis Cajal Avalos, Victor Manuel Pisani Azpurua and Marcos Jose Garcia Figueredo, were given 48 hours to leave the U.S. THE ASSOCIATED PRESS

Amid strikes

Egypt names new prime minister

Egypt's interim president chose the outgoing housing minister, a construction magnate from the era of ousted autocrat Hosni Mubarak, as his new prime minister on Tuesday. The switch appeared orchestrated to give military chief and likely presidential candidate Abdel-Fattah el-Sissi a window for a quieter street after a spike in labour strikes. THE ASSOCIATED PRESS

Thai woman raises fists against government in protest

An anti-government protester raises her clenched fists as she listens to a speech by anti-government protest leader Suthep Thaugsuban in Bangkok, Thailand on Tuesday. The protesters, mostly representing the urban elite and those in the south, are pressing for the resignation of Prime Minister Yingluck Shinawatra. SAKCHAI LALIT/THE ASSOCIATED PRESS

Tensions soar in Crimea against Kyiv 'bandits'

'Russia, save us!' Protesters in the pro-Russian region of Crimea aren't ready for the change in Ukraine's government

Dozens of pro-Russian protesters rallied Tuesday in the Ukrainian peninsula of Crimea against "the bandits" in Kyiv who are trying to form a new government — with some even speaking of secession. A lawmaker from Russia stoked their passions further by promising them that Russia will protect them.

As a Russian flag flew Tuesday in front of the city council building in Sevastopol — a key Crimean port where Russia's Black Sea Fleet is based — an armoured Russian personnel carrier and two trucks full of troops made a rare appearance on the streets of the city.

The Crimean Peninsula — a pro-Russian region about the size of Massachusetts or Belgium — is a tinder pot in the making.

Protesters had torn down the Ukrainian flag a day ago, pleading with Moscow to protect them from the new authorities in Ukraine who have forced President Viktor Yanukovych to flee Kyiv, the capital, and go into hiding.

"Bandits have come to power," said Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol. "I'm ready to take arms to fight the fascists who have seized power in Kyiv."

Yanukovych's whereabouts are unknown but he was last reportedly seen in Crimea. Law enforcement agencies have issued an arrest warrant for Yanukovych over the killing of 82 people, mainly protesters, last week in the bloodiest violence in Ukraine's post-Soviet history.

Chanting "Russia, save us!" the protesters gathered for a third day before administrative buildings in Sevastopol and in other Crimean cities. The protests Sunday numbered in the thousands.

Ukraine's new authorities are clearly concerned about the tensions in Crimea. The country's interim leader, Oleksandr Turchinov, met with top security officials Tuesday to discuss the situation there. THE ASSOCIATED PRESS

Quoted

"Bandits have come to power. I'm ready to take arms to fight the fascists who have seized power in Kyiv." Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol

Lending support

Baird set to travel to Kyiv

Foreign Affairs Minister John Baird is going to Ukraine to get a first-hand look at the situation in the troubled country. Prime Minister Stephen Harper says Baird and a delegation of Ukrainian-Canadian leaders and parliamentarians will travel to Kyiv, the capital and the epicentre of the political unrest that has rocked Ukraine for months. Harper says Baird will offer Canada's support for efforts to restore democracy in Ukraine. News of the trip comes as Russia's ambassador to Canada says talk about the possibility of Russian troops invading Ukraine is nonsense. THE CANADIAN PRESS

Rights. LinkedIn grapples with censorship in China

LinkedIn is launching its site in simplified Chinese, the written characters used on the mainland, as it works to expand in the country with the world's largest Internet population.

The professional networking service hopes to broaden its reach in the country with more than 140 million professionals, 4 million of whom use LinkedIn. Until now, the site in China was in English only.

LinkedIn Corp. acknowledges that expanding in China raises "difficult questions" because it will be required to censor content. It says it will be clear about how it conducts business in China and undertake "extensive measures" to protect members' rights and data.

Two-thirds of LinkedIn's 277 million users are outside of the U.S. Unlike Facebook, Twitter and other sites, LinkedIn has always been allowed to operate in China.

THE ASSOCIATED PRESS

Bzzz. Uncle Sam spending $3M to feed honeybees

The U.S. Department of Agriculture will spend millions of dollars to help farmers and ranchers improve pastures in five Midwestern states to provide food for struggling honeybees under a program to be announced Tuesday.

Commercial honeybees pollinate an estimated $15 billion US worth of produce each year. Many beekeepers bring hives to the Upper Midwest in the summer for bees to gather nectar and pollen for food, then truck them in the spring to California and other states to pollinate everything from almonds to apples to avocados. THE ASSOCIATED PRESS

A new U.S. program aims to ensure honeybees have enough pollen and nectar to snack on. THE ASSOCIATED PRESS

$56,000. Selling legal pot brings in green for taxman

A Colorado county with two recreational marijuana stores has become the first in the state to announce tax totals from the new industry.

Pueblo County finance authorities announced Monday that its two shops had about $1 million US in total sales in January, producing about $56,000 US in local sales taxes.

Pueblo County is the only place between Denver and the New Mexico state line that currently allows recreational pot stores.

Pueblo County Clerk Gilbert "Bo" Ortiz projected the marijuana industry will generate roughly $670,000 in new tax revenue for his county this year. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.20¢ (-0.16¢)

TSX
14,188.98 (-38.10)

OIL
$101.83 US (-$0.99)

GOLD
$1,342.70 US (+ $4.70)

Natural gas: $4.67 US (-$0.05)
Dow Jones: 16,179.66 (-27.48)

Adding 800 stores

Timmies brews up plan to slam rivals

Tim Hortons Inc. is planning a flurry of changes to its operations, including healthier food choices and the addition of 800 new stores over the next several years as it looks to maintain its edge in an increasingly competitive market. Tim's CEO says "the plan is aggressive but very achievable."

THE CANADIAN PRESS

Bitcoin traders brought to knees

Tokyo. Following news of Mt. Gox vanishing, the cybercurrency fell below $500, from a high of $1,200

One of the world's largest bitcoin exchanges has seemingly disappeared, delivering a severe blow to the virtual currency as it struggles to gain legitimacy.

A coalition of virtual currency companies said Tuesday that Tokyo-based Mt. Gox went under after secretly racking up catastrophic losses.

Mt. Gox's website was returning a blank page Tuesday. The disappearance of the site follows the resignation Sunday of Mt. Gox CEO Mark Karpeles from the board of the Bitcoin Foundation, a group seeking legitimacy for the exotic new form of money. The exchange had imposed a ban on withdrawals earlier this month.

Prominent supporters of Bitcoin — including San Francisco-based wallet service Coinbase and Chinese exchange BTC China — sought to shore up confidence in the currency by releasing a statement saying Mt. Gox's collapse was an isolated case of mismanagement. They said it had abused users' trust, but did not offer details.

"As with any new industry, there are certain bad actors that need to be weeded out, and that is what we are seeing today," the statement said.

Since its creation in 2009, Bitcoin has become popular among tech enthusiasts, libertarians and adventurous investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like Bitcoin for the same reasons.

For various technical reasons, it's hard to know just how many people around the world own bitcoins, but the currency has attracted outsize media attention and the fascination of millions as an increasing number of large retailers such as Overstock.com begin to accept it. Speculative investors have jumped into the Bitcoin fray, too, sending the currency's value fluctuating wildly in recent months. In December, the value of a single bitcoin hit an all-time high of $1,200 US. In the aftermath of the Mt. Gox collapse Tuesday, one bitcoin stood at around $470 US.

Central banks across the globe have been hesitant to recognize Bitcoin as a legitimate form of money, and Mt. Gox's virtual vanishing isn't helping. Mt. Gox "reminds us of the downside of decentralized, unregulated currencies. There is no Federal Reserve or IMF to come to the rescue. There is no deposit insurance," said Campbell Harvey, a professor at the Duke University Fuqua School of Business who specializes in financial markets and global risk management.

THE ASSOCIATED PRESS

Bitcoin trader Kolin Burgess, right, of London and American Aaron (only his first name was given) hold protest signs as they conduct a sit-in in front of the office tower housing Mt. Gox in Tokyo Tuesday. KAORI HITOMI/THE ASSOCIATED PRESS

Burn me once shame on you...

"I may have lost all of my money ... It hasn't shaken my trust in Bitcoin, but it has shaken my trust in bitcoin exchanges."

Kolin Burgess, who said he'd been picketing the Tokyo office tower housing Mt. Gox since Feb. 14 after flying in from London, hoping to get back $320,000 he has tied up in bitcoins with the exchange.

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LET IT BE OR MAKE IT BETTER?

JUST SAYIN'

Paul Sullivan
metronews.ca

Thanks to sites like BuzzFeed, this is the Golden Age of Wasting Time.

And one of the best ways to waste time, wherever you are, whatever you're supposed to be doing, is the Identity Quiz.

You know? If you were a sandwich, what kind of sandwich would you be? Turns out I'm a ham sandwich, but you knew that.

As you launch your identity quest, be warned there are millions of these things. There are even millions of What Kind of Sandwich Am I? quizzes.

So we need a hook, and what better than this: It is the 50th anniversary of the English Invasion this month, starting with the night the Beatles appeared on the Ed Sullivan show and launched a rock revolution.

Of course, to celebrate the Fab Four moment, there's a quiz on BuzzFeed which allows you to find out which Beatle you are: the Popular (if a little square) Paul, the Genius John, the Spiritual George, and the Affable (if a little goofy) Ringo.

Like all great time wasters, the quiz is fun to do. You start by choosing your favourite psychedelic pattern, and go from there.

The quiz wants to know if you'd rather sing "oo-bla-di-bla-da" or "beep beep yeah!"

It wants to know if you think you should take a sad song and make it better. Or let it be.

The quiz asks you to choose your fave from a gallery of foxy '60s ladies (the Beatles and the boys of BuzzFeed are pre-feminist, apparently).

Finally it asks how you're feeling about love right now: All you need is love? Or can't buy me love?

By now you've figured out that this quiz (except for the foxy ladies) is based on Beatles' lyrics.

So it helps, if like me, you've spent a lifetime trying to get Yellow Submarine out of your head.

But as the Beatles have sold more records, had more No. 1 hits, and have been covered by more artists than any group in history, it's a safe bet you know John, Paul, George and Ringo maybe better than you know yourself.

So now that you've rushed to BuzzFeed to take the quiz, welcome back. Who are you?

If you're me, you're a late-'60s version of John Lennon, which is not what I expected but it's better than being an '80s version of John Lennon.

And I'm kinda relieved I'm not Ringo. Although you'd have to argue that Ringo is certainly the luckiest Beatle. If he hadn't met John or Paul, he'd be driving a bus in Liverpool, like his dad.

And taking the quiz to find out what Beatle he would be: John, Paul, George, or ... Pete?

ZOOM

Still cute with ears cut

SCOTT OLSON/GETTY IMAGES

Puppy love at former bin Laden base

Sgt. Kevin Ingram from Wheeling, West Virginia with the U.S. Army's 4th squadron 2d Cavalry Regiment comforts a puppy that had its ears cut off while visiting an Afghan National Police (ANP) outpost that was once home to Osama bin Laden during a patrol on Tuesday near Kandahar, Afghanistan.

Ears are often removed from puppies to prepare them to become fighting dogs.

Ingram's squadron is responsible for defending Kandahar Airfield against rocket attacks from insurgents. GETTY IMAGES

Also in Afghanistan

- A few years ago, an abandoned puppy was befriended by Navy reservist Mark Feffer, who wanted to adopt her. At the end of his tour he discovered she was lost, but a rescue mission reunited them.
- A British marine found a dog in 2010 with his ears and tail cut off. Once he told his sister the dog would be shot once he left Afghanistan, she set up a campaign to bring the dog to Britain.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Leaving your fate in the hands or the stars — or the astrologers who read the stars — might help you deal with your high school crush, but for real-world relationship woes, financial burdens or career concerns, you're going to need something a little more scientific. And what could be more solid than fortune teller, tarot card and magic eight ball apps.

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Magic 8-ball:
Just like the real thing, shake your phone to get an answer. But "don't count on it" if you have an iDevice. Only available in the Google Play store.

Twitter

@metropicks asked: Actor/writer/director Harold Ramis has died. What's your favourite Harold Ramis work?

@thechipfactor: "what happened to your Sargent? He got blowed up sir!" Best quote from any Harold Ramis film. He will be missed.

@DerchanskyLegal: definitely remember his work on #SCTV, but can't ignore his brilliance in #Caddyshack and #GroundhogDay

@Chriosania: Ghostbusters...but Stripes is a VERY close second

@starrydays17: the original Ghostbusters movie!

@BulliesFan27: Gotta be Stripes. That's the fact Jack! #RIPHaroldRamis

Follow @metropicks and take part in our daily poll.

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Neeson Taken with being Non-Stop man of action

Fighting Irish. Actor with serious chops embraces unexpected butt-kicking roles

IN FOCUS
Richard Crouse
scene@metronews.ca

Liam Neeson is an air marshal hunting an in-flight killer in the thriller Non-Stop. CONTRIBUTED

Much of the fun of 2008's Taken was watching beloved thespian Liam Neeson go all Chuck Norris in a dirty little Euro trash thriller.

In the action-adventure movie, Neeson played a former "preventer" for the U.S. government. A specialist in black ops, he was an undercover agent who contained volatile situations before they got out of control. Retired, he lived in Los Angeles near his estranged 17-year-old daughter Kim (Maggie Grace). When she is kidnapped by a child slavery ring, he has only 96 hours to use his particular set of skills to get her back. His rescue mission takes him on a wild rampage through the soft underbelly of Paris. "I'll tear down the Eiffel Tower if I have to," he says.

It's a down-and-dirty little flick, classed up somewhat by the presence of Neeson in the lead role and it became an unexpected lightening-in-a-bottle hit. It also redefined Neeson's recent career.

At an age when many actors are staring down the barrel of character parts and cameos, the 61-year-old has made an unlikely U-turn into action movies. "I was a tiny bit embarrassed by it," he says of Taken, "but then people started sending me action scripts."

His latest actioner is Non-Stop, a high-flying thriller that takes place on an international crossing from New York to London. Neeson is an air marshal who must prevent a crazed killer from murdering passengers in flight.

Taken and Taken 2 (which were essentially the same movie) worked not just because the action sequences were out of control, but because audiences had some empathy for Neeson's character as he kicked butt across Europe. It was a personal mission: He was trying to get his daughter back.

Action movies like Wrath of the Titans, The Grey and Unknown may not burnish Neeson's rep as a great actor, but when asked why he keeps making these kinds of movies, he has a solid reason: "Because they're dumb enough to offer them to me!"

Cast in the shame mould

"I was a tiny bit embarrassed by it [Taken], but then people started sending me action scripts."
Liam Neeson

Wham! Bam!

Arguably best known for his Best Actor Oscar nomination as the charismatic but humble German businessman Oskar Schindler in Schindler's List, the Irish actor has fully embraced his new career path.

- Vanity Fair even acknowledged the twist in an article called, Wham! Bam! Thank You, Liam!

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Odd movies out rise to Oscar bait

Hollywood irony. It's not blockbusters but film rarities vying for Tinseltown gold

This year's Academy Awards nominees reflect a Hollywood truism: The margin between the dust bin and the Oscar red carpet is often razor thin.

The development process of any film can be lengthy and arduous, full of challenges in obtaining financing or a studio executive's stamp of approval. The biggest obstacle on the road to the Academy Awards is, for many films, simply getting a green light.

That's especially true nowadays, when studios have pulled back on their output and turned their focus almost exclusively to blockbusters. It makes for an annual Oscar irony: When Hollywood gathers to celebrate itself at the Academy Awards, it fetes not its standard business, but its oddities, its rarities, its freaks that somehow managed to squeeze through the cracks.

The Wolf of Wall Street, for example, might seem like a no-brainer: Martin Scorsese, Leonardo DiCaprio, loads of sex and drugs. But even The Wolf, nominated for five Oscars including best picture, came very close to never getting made. After developing the film, Warner Bros. dropped it in 2008. Scorsese would later lament having "wasted about five months of my life" waiting for the Warner Bros.' OK that never came.

It wasn't until years later (and after other directors were considered) that the project came together, with independent film company Red Granite Pictures financing the film's $100 million budget, and Paramount Pictures distributing.

Nearly 20 years in the making: Dallas Buyers Club got made even after investors pulled out thanks in part to Matt McConaughey's air of inevitability. CONTRIBUTED

The bet paid off not only in accolades, but at the box office. The Wolf of Wall Street has made more than $335 million worldwide.

The case of Dallas Buyers Club (six nominations, including best picture) is even more remarkable. A film that's now counted among the nine best of the year by the Academy took nearly two decades to get made. Co-producer and co-screenwriter Craig Borten first sold the script in 1996 after meeting and interviewing Ron Woodroof, a Texan who combated AIDS with drugs smuggled from other countries.

At one time, Woody Harrelson was attached to star with Dennis Hopper directing. Later, after the script was sold to Universal Pictures, Brad Pitt was lined up to play Woodroof, with Marc Forster directing. Another iteration brought in Ryan Gosling and director Craig Gillespie.

It was only revived with Matthew McConaughey (the best actor front-runner) and director Jean-Marc Vallée after the rights to the screenplay went dormant and Borten and co-producer Melisa Wallack were able to buy them back. And still, just weeks before filming began, investors pulled their money.

The breach was filled partly because McConaughey gave it an air of inevitability. He had already begun losing weight for the role and discussed it on TV talk shows.

Made for just $5 million and shot in 25 days, Dallas Buyers Club finally got made, long after AIDS dwindled from the headlines. Specialty division Focus Features acquired the film, which has made $30.5 million worldwide.

Several of the Oscar nominees have relied on a single person to change their fate. When 12 Years a Slave director Steve McQueen accepted the Golden Globe award for best drama, he thanked producer Brad Pitt: "Without you, this film would have never got made."

Similar kudos have gone to the young producer Megan Ellison, whose Annapurna Pictures bankrolled two best-picture nominees: David O. Russell's American Hustle (jointly with Sony Pictures) and Spike Jonze's Her (released by Warner Bros.). The 28-year-old Ellison, daughter of billionaire Larry Ellison, has been roundly hailed for backing the kind of edgy, auteur-oriented films that are struggling to find financing. (In recent years, she's produced Zero Dark Thirty, The Master and True Grit.)

But such deep-pocketed, director-friendly financiers are few, and the route is exceptionally narrow for the kind of prestigious pictures honoured at the Oscars.

With Nebraska (nominated for six Oscars, including best picture), filmmaker Alexander Payne managed a seemingly impossible feat: Getting a studio (Paramount) to produce a black-and-white film. But it took lengthy negotiations, and had to survive a series of film division closings. Nebraska was first with Paramount Classics, then Paramount Vantage, and finally ended up with Paramount Pictures.

The domino-effect journey of Nebraska reflects a larger shift in the industry. Particularly over the last decade, studios have moved away from smaller- and medium-sized dramas to concentrate resources on blockbusters and genre releases that can earn hundreds of millions globally.

Payne's mantra is advocating for the $20-25 million adult comedy or drama. Instead of always swinging for the fences, he believes in the more reliable double.

In the current climate, the handful of ambitious, adult-oriented films that do get produced are almost exclusively appraised through the prism of Hollywood's awards season. The strange effect is that these few films that have clawed their way onto screens are then set against each other for months of Oscar wrangling.

THE ASSOCIATED PRESS

Angling for the big one

- "The eight, 10, 12 good English-language films are all released in the last quarter of the year and expected to gird for battle for Oscars and Golden Globes and all that stuff," says Payne.
- "And they're just movies. They may be fragile movies, human movies. They just need to find an audience on their own without having comparative judgment made along with it."

Beck's new album not just a Morning Phase

Beck Hansen really doesn't believe a musician has the right to complain. It's something of an occupational requirement.

"Nobody wants to hear it," he says. "That's not what we're here for. We're here to play music and have a good time."

So it may come as a surprise to many fans that Hansen suffered a spinal injury that kept him from making music in the usual ways for a significant portion of the last decade. He doesn't talk about it a lot and certainly doesn't want to dwell. He found other ways to create as a producer and songwriter during this period, but he will admit he feels a great sense of release now that he's putting out Morning Phase, just the second album he's completed and released in the last 10 years.

"I was just waiting until I felt like I was able to do what I used to do," the 43-year-old Hansen said. "It was a difficult experience, but in any kind of difficulty there are positives. And I think that's particularly what the record is about: How to come out of some sort of travail and difficulty and find some sense of light again and life continuing. Once you've seen some things that are darker and you know that darkness is there, how do you embrace the other side of life?"

Beck's embracing it with a period of great creativity and will soon return to the studio to record a second album he plans to release later this year. At times while injured he was unable to hold conventional instruments, turning to substitutes, like a hand-held keyboard to write and record. He's returned to live performance over the last few years and feels he's been transformed by the experience in ways he struggles to explain, as much metaphysical as physical.

"There's a point where a kind of pessimistic view can take hold and be a means of survival," Hansen said. "This record in some sense was grappling with that and taking a long hard look at everything and trying to find something redemptive."

He's been left with a newfound sense of patience, he says, and the simple act of putting out an album brings him great joy.

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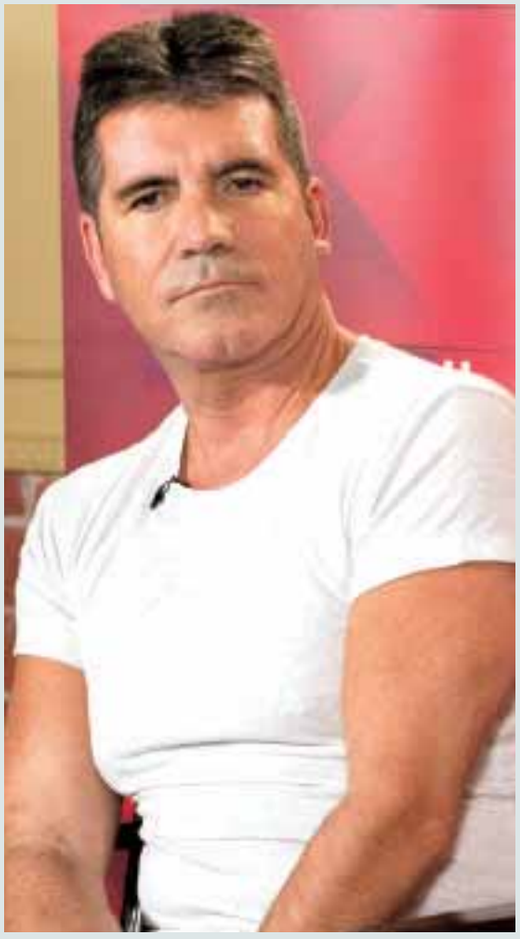
Beck KATY WINN/INVISION/THE ASSOCIATED PRESS FILE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cowell gets a taste of his own negative medicine

PAT HEALY
Metro World News

Simon Cowell is learning firsthand just how hard it is to parent in the public eye.

After photos surfaced of Cowell holding 10-day-old son Eric on a Miami beach on Monday, mommy bloggers around the world spit out their placenta smoothies to go on the attack over his bad parenting.

"The sun? Simon, babies' skin is like parchment paper this young.... That kid is gonna look 45 when he's a teen," mommy blog The Stir chastised.

In regards to the photos and the fact that Eric flew in a plane (most doctors recommend no air travel until at least three months old because of air pressure concerns), a commentator on another site said, "I know I was told no flying or sun exposure until they were at least six months old. I guess these two are just idiots that ignore what a Dr. tells you."

To be fair, the photos show that Cowell and co. hid out most of the time underneath a shade and Eric did don a cap. As for me, I'm more aghast at poor baby Eric getting a mouthful of Cowell's chest hair than him being on the beach.

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence is on a hot streak, but everyone keeps spoiling her endings

Jennifer Lawrence just can't win. Last month, the Hunger Games star had Homeland spoiled for her by an overeager red carpet interviewer before she'd had a chance to see all the episodes.

And now her American Hustle director, David O. Russell, reveals that while they were filming Silver Linings Playbook he gleefully spoiled one of the greatest novels of all time for her. "She's walking around the set all the time reading the Tolstoy novel Anna Karenina, which is like a phone book," he tells the Hollywood Reporter. "I was just impressed that this 20-year-old girl reading Anna Karenina is from Kentucky, likes to eat junk food and watch Real Housewives of Long Island. She's a down-home girl and she's reading this book. I love it.

"So I go, 'Have you gotten to the part where she throws herself under the train tracks?' And she goes, 'What?'" he remembers. "And she walks away from me sobbing."

Don't choke on your own tongue, Miley

Time to slow down with those Miley Cyrus in Peter Pan rumours, Star magazine. A recent report in the tabloid suggested in an article titled "Just call her Twerker Bell" that the singer was eyeing the role of Tinker Bell in NBC's upcoming live broadcast of the musical, claiming it is her "dream role."

Cyrus took to Twitter to refute the claim, posting a photo of the offending article along with the comment, "I would rather choke on my own tongue." And we all know how fond she is of her tongue.

Miley Cyrus

Late-night host Jimmy Kimmel and wife Molly expecting their first child

Jimmy Fallon may be the late night host with a new show, but Jimmy Kimmel has reason to celebrate too. Kimmel and his wife Molly McNearney are expecting their first child together, his representative Lewis Kay has confirmed.

The TV personality first made the announcement during a taping of The Ellen DeGeneres Show, which will air Wednesday. The 46-year-old Kimmel already has two children, a 20-year-old son and a 22-year-old daughter, from a previous marriage.

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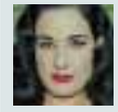
Twitter

@ForestWhitaker
'It is not only for what we do that we are held responsible, but also for what we do not do.' - Moliere

@idinamenzel
I heard myself on kiss fm today. I almost cried. For years I've been trying to get them to play my music.



@DitaVonTeese
Wonderful quote I read about Casanova: "He treated women as his equals, yet undressed them as if they were his superiors."

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metro

LIFE 3

An island of one's own

Caribbean craving? There are plenty of destinations to choose from in the warm southern seas — here's a rundown of some of the best

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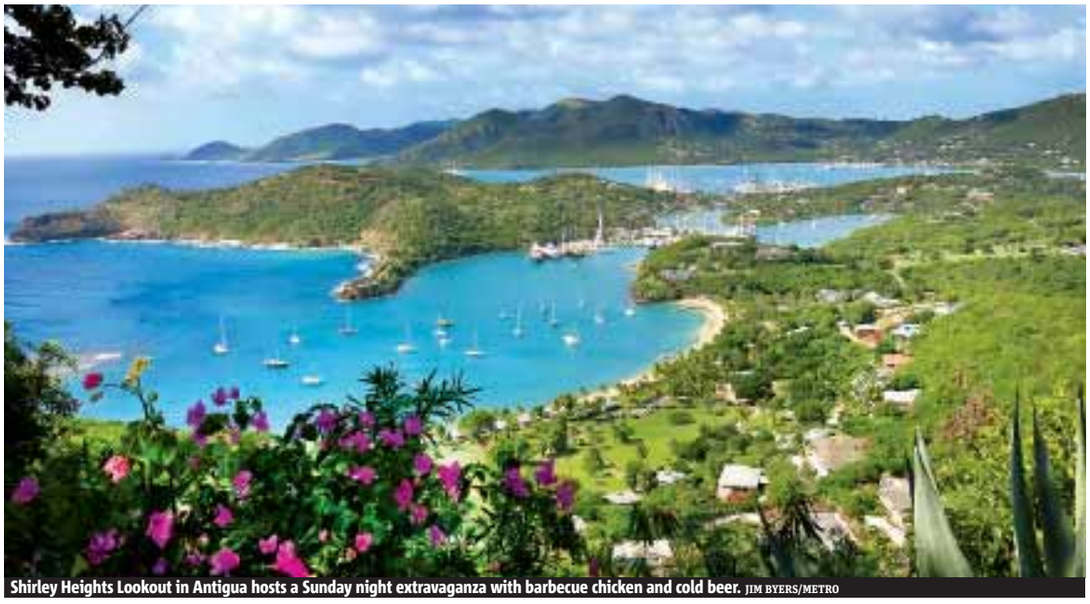

Shirley Heights Lookout in Antigua hosts a Sunday night extravaganza with barbecue chicken and cold beer. JIM BYERS/METRO

It's still high season in the Caribbean. And high time you ventured south for a bit of sun and sand. But where to go? There's a Caribbean island for every kind of traveller, and the choices can be overwhelming. So here's a look at a few personal favourites that might fit your style.

For the swimmer-diver:
There's awesome swimming to be found off the coast of Negril, Jamaica. Down at Rick's Café, you can watch hugely talented local kids do wild, somersaulting dives off rocky cliffs into impossibly blue water. You can't get quite as high as they do, but there are places near the bar where you can do a perfect cannonball — or, more likely, a face plant — yourself. Small boats out of Negril often weigh anchor just offshore, allowing patrons to swim in some of the prettiest water the world has to offer. Alternative: Check out the cool bars and the swim scene at Orient Beach on St. Martin. It's clothing optional. But, like many places, some of the folks who doff their clothes are people who really should stay perched at the bar. In long pants. And a hoodie.

For the snorkel, scuba fan:
The U.S. Virgin Islands doesn't get the same attention from Canadians as some parts of the Caribbean. But there are glorious beaches to be found and wonderful water sports. At Trunk Bay on quiet St. John, which might be the prettiest beach on the planet, you can swim near offshore islands and follow an underwater trail. There's a similar trail near Buck Island, a short boat ride off St. Croix, where you'll also find a glistening white sand beach and hardly any people. Alternative: St. Lucia's Sugar Beach, nestled between the two giant rock pillars known as the Pitons, has one of the finest reefs in the Caribbean.

For the luxury lover:
Sandy Lane on the west coast of Barbados is a stunner. There are free-form pools, private villas, one of the Caribbean's top spas and sumptuous dining on offer. This area also is home to the wonderful Green Monkey golf course. Tiger Woods married Elin Nordegren here, not that that ended so well. Alternative: Amanyara is a quiet spot on a lovely stretch of sand in the Turks and Caicos, far from the crowds of Provo. Fabulous Asian-inspired food.

For the drinker:
What, you thought we forgot about bar hopping? One of the most famous imbibing spots on the planet is at Shirley Heights Lookout in Antigua, where they do a Sunday night extravaganza with plenty of cold beer, barbecue chicken and live music. Great sunsets and parties that last long into the night. It's also a stunning spot during daylight hours, with spectacular views of the island's green hills and perfect blue waters and boats bobbing in the bays below. Possibly the best vista in the Caribbean. Alternative: Sunshine's is a colourful, seaside bar on the west coast of Nevis, part of St. Kitts and Nevis. Try the local cocktail, the Killer Bee, and look for the photo of Wayne Gretzky.

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Trio of tasty baking: Citrus, chocolate and cardamom

Orange Cardamom Bran Muffins. Balance the tart-sweet flavours of orange with bittersweet chocolate

DINNER EXPRESS
Emily Richards
food@metronews.ca

With little chocolate surprises throughout these muffins, each bite will be different.

Fresh, bright orange flavour and colour burst through, making them attractive and tasty. Use a navel orange, which has no seeds and is very juicy.

This is a great muffin to make with the kids to show them how you can use the whole fruit. My kids always get a kick out of adding the pieces to the food processor, it's a whole new kind of fun in the kitchen.

1. In a large bowl, whisk together flour, bran, baking powder, soda and cardamom; set aside.

2. Cut orange into quarters. Place in food processor bowl and pulse until finely chopped, almost pureed. Scrape down sides and add milk, orange juice, brown sugar, butter, egg and vanilla and puree until combined. Fold in chocolate.

3. Pour orange mixture over flour mixture and stir until combined. Divide batter among 12 lined or greased muffin cups. Bake in 400 F (200 C) oven for about 20 minutes or until they're golden brown and firm to the touch.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 cups (500 ml) whole-wheat flour
- 1/2 cup (125 ml) wheat bran
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1 tsp (5 ml) ground cardamom or cinnamon
- 1 navel orange, unpeeled and washed well
- 3/4 cup (175 ml) milk
- 1/2 cup (125 ml) orange juice
- 1/3 cup (75 ml) packed brown sugar
- 1/4 cup (50 ml) butter, softened
- 1 large egg
- 1 1/2 tsp (7 ml) vanilla
- 1/4 cup (50 ml) chopped bittersweet chocolate, at least 60% cocoa

Cooking tips

- Look for dark chocolate or bittersweet chocolate chips in bulk food stores with the percentage of cocoa right on the label. The higher the number, the darker and deeper the flavour of the chocolate.
- Wrap muffins individually and freeze for up to two weeks. Thaw at room temperature or in the microwave.

This recipe makes 12 muffins. EMILY RICHARDS

Wrap breakfast bites in a mini burrito

With a few quick chops and stirs, this hearty breakfast is great for a small family on the run.

Stir it together the night before and refrigerate it so that all you have to do is pop it in the microwave in the morning and fill the tortillas!

This is also delicious served up on English muffins or pita pocket halves.

Sneak in a few extra veggies if you can.

This recipe makes three servings. EMILY RICHARDS

Ingredients

- 250 ml (1 cup) cooked canned navy beans, drained and rinsed
- 1 egg
- 30 ml (2 tbsp) diced tomato or salsa
- Half small red or green bell pepper, diced
- 2 green onions, thinly sliced
- 15 ml (1 tbsp) chopped fresh coriander (optional)
- Dash hot pepper sauce
- 3 small whole grain tortillas (about 18 cm/7 inches)

1. In shallow bowl, using potato masher, mash the cooked canned navy beans until they are fairly smooth. Stir in egg and salsa or diced tomato until combined. Microwave on High and cook for 1 minute.

2. Stir in bell pepper, green onions, fresh chopped coriander and hot pepper sauce.

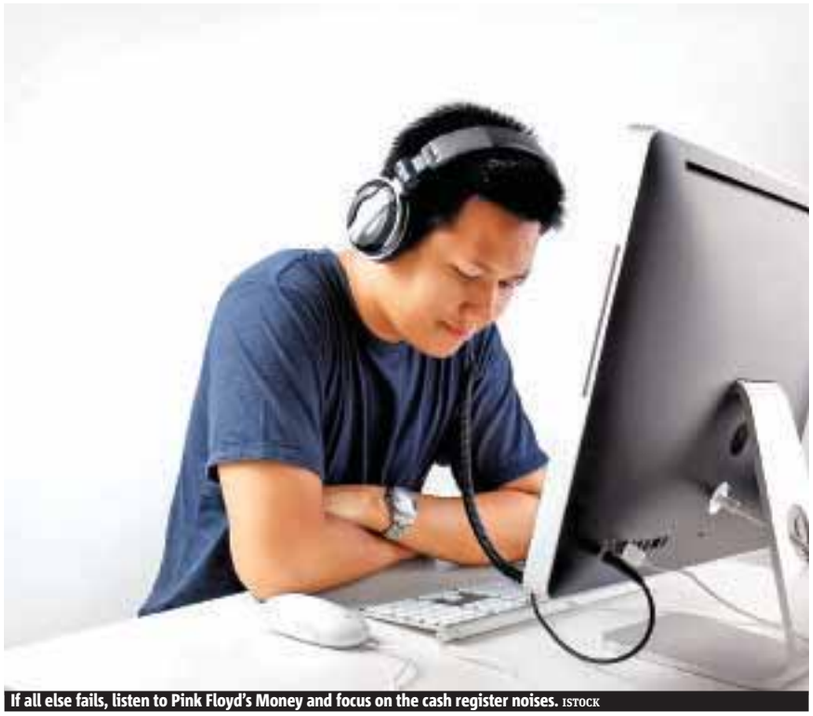
3. Microwave the mixture on High for about 1 minute or until hot.

4. Stir everything well to combine and divide in centre of each tortilla and roll up to enjoy. EMILY RICHARDS

Sing a song of workday success

Whistle while you work. Seven jams that will tune up your ability to take on your job

ELIAS DA SILVA-POWELL
TalentEgg.ca



If all else fails, listen to Pink Floyd's Money and focus on the cash register noises. ISTOCK

Every now and then you may find it difficult to bring the necessary quantity of pep and verve to your workday.

Whether your sub-par performance stems from illness or indulgence, you'll probably find yourself turning to music to get back into the swing of things — after coffee, of course.

While everyone has different musical tastes, this work-related group of songs should help you get through your day as smoothly as possible.

8:00 a.m.

9 To 5 – Dolly Parton

"Tumble outta bed / And stumble to the kitchen / Pour myself a cup of ambition"

Even if the title of Dolly Parton's gold single doesn't coincide with your work schedule, this hit from 1980 will help you kick-start your day. As an added bonus, this song will instantly make any commute feel like a montage — doubly so on public transit.

9:01 a.m.

Manic Monday – The Bangles

"It's just another manic Monday / I wish it was Sunday / 'Cause that's my funday / My I don't-have-to-run-day"

You may be one of the unhappy people who dread Monday as the start of the workweek.

This pop staple, written by Prince, of all people, tells the story of someone who knows exactly how you feel. This one is best enjoyed as background music while you settle down at your desk and plan your day.

Enjoy the increasingly creative attempts to rhyme with Monday.

10:35 a.m.

Bang The Drum All Day – Todd Rundgren

"I don't want to work / I just want to bang on the drum all day"

Like the average workday, this song can be a little repetitive at times, but it's also uplifting.

In Rundgren's self-defeating hedonism, you'll find a gentle reminder that you can't have fun all the time, or fun would lose its meaning.

There's a 50 per cent chance the chorus will get stuck in your head. You've been warned.

1:22 p.m.

Working For The Weekend – Loverboy

"Everyone's looking to see if it was you / Everyone wants you to come through"

If the title doesn't jog your memory, a few seconds of listening will. This number has been in a number of advertisements, TV shows, movies and video games.

This song's lyrics do an excellent job reminding you that all the responsibility is on your shoulders, while reinforcing that there's always a light at the end of the tunnel.

Get ready to power through the afternoon.

3:24 p.m.

Get Up Offa That Thing – James Brown

(Every other line in this song is "get up offa that thing." It's topical.)

There's a good chance your job or job hunt has you sitting in front of a computer for hours at a time, which isn't good for your health. At the risk of being rude and overly familiar, that thing you're sitting on? Get up off of it. Seriously.

I'm not allowed to dance without warning my coworkers in advance, but even I danced while writing about this song.

4:52 p.m.

Working Man – Rush

"(Extended instrumental break with your best vocal impression of a guitar solo)"

My understanding of Rush fans is that they rarely need a reason to listen to more Rush, so I only need to sell this to the rest of you.

For your own safety, I wouldn't recommend listening to this while you're typing.

Save this electrifying number for packing up at the end of the day — don't resist the urge to drum on the stacks of paper surrounding you.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Ex-NFLer tackles life lessons in new book

Making choices. Matt Birk writes about steps to take to become the best version of yourself

EMILY LAURENCE
Metro World News

Former Minnesota Vikings offensive lineman Matt Birk has had his fair share of career ups and downs. He had to sit out the entire 2005 season due to a hip injury and thought his football career was over long before it actually was. But he's also a Super Bowl champ, having won in 2012 when playing for the Baltimore Ravens.

Though Birk says he never defined himself by his football career, the sport taught him important lessons, which is why he teamed up with leading business expert Rich Chapman to write, All-Pro Wisdom: The 7 Choices That Lead To Greatness.

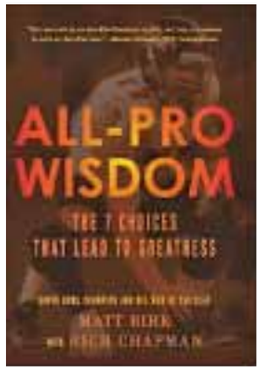
"Greatness isn't about achievements. It's not about winning the Super Bowl, being a CEO or any of that stuff. It's about being the greatest version of yourself," Birk tells us.

The book introduces seven qualities every person needs to reach his or her full potential, including passion, confidence, stability and focus, with tips on how to develop each quality. Birk explains how football is a great foundation for developing these traits and includes interviews with several superstar NFL players who embody them.

"One thing that surprised me right away about the NFL was how great men were in the NFL; not great players, but great men," Birk says. "We didn't tell these guys what we would be asking them for the book, and when we asked (Green Bay Packer quarterback) Aaron Rodgers about character, without batting an eyelash he said, 'I think it's about being consistent. I think it's about being a great leader.'"

Birk says his hip injury in 2005 was a good reminder to him of the danger of defining yourself by your career, a lesson he thinks everyone can learn from.

"Anyone can lose their job. Jobs are very temporary. But some people lose their job, start another career and turn around and say, 'Boy, losing my job was the best thing to ever happen to me.' And those tend to be people whose identity isn't wrapped up in what they do."



Conversely, Birk's career highlight — winning the Super Bowl — taught him another life lesson he includes in the book. "Everybody says they want to win the Super Bowl, but what are you going to do with the other 364 days of the year to make it happen? I think it's in the goal setting and dividing it into small, actionable steps so it's actually achievable."

Doing dads proud

The book has been out for about two weeks and Birk says what's been most rewarding is hearing how parents have used it to teach their kids about the importance of character and setting goals in a way that isn't forced or boring.

- "Three different dads told me that every week, they grab a burger with their son and talk about a chapter. I'm a parent. I have six kids and I know how hard parenting is. Each day you feel like you're falling short. To be able to provide parents with a useful tool has been very fulfilling," he says.

A GIFT OF SAVINGS

CELEBRATE WITH SASKATOON OPTICAL

DANIEL RAJSZCZAK/SHUTTERSTOCK

Celebrating someone else's 10-year anniversary usually means buying a gift for another person, but for Saskatoon Optical, its 10-year anniversary means a gift of savings for you.

To celebrate its 10-year anniversary this April, Saskatoon Optical is offering clients 50 per cent off frames or lenses with a complete purchase.

Along with the gift of savings, Saskatoon Optical will be giving out a number of prizes.

Saskatoon Optical first opened in 2004, when owner and optician Steve Charles saw the need for a place where clients in need of eyewear and care could receive service, quality and value.

Charles believes that eyewear does not need to be expensive and has added dedicated staff to assist clients in finding the right fit for all in need of eyewear.

Saskatoon Optical offers comprehensive eyewear service from a large frame selection, lens options, as well as all contacts lenses, including specialty lens designs.

The store also offers a wide range of sunglasses and prescription sunglass choices.

For those looking for eyewear repair, Saskatoon Optical can do most repairs in store, with minor adjustments at no charge.

For more information about Saskatoon Optical, stop by 1005 Broadway Ave. or visit saskatoonoptical.ca.

VISIT THE EYE GALLERY AT ITS NEW LOCATION

When it comes to vision care, The Eye Gallery is looking out for you.

To serve its clients better, The Eye Gallery has moved to a new, more convenient location and has added a new optometrist.

"The new optometrist, Dr. Jessica Witzel, has been added for greater availability to existing and new patients alike," says Dr. Dean Weninger, optometrist, The Eye Gallery.

The Eye Gallery, Doctors of Optometry (formally Grosvenor Park Optometry) is a full-scope optometric practice offering the latest technology in diagnostic, contact lens, and laser surgery care.

It provides a full optical dispensary, showcasing art from local Saskatchewan artists, which has been significantly expanded in the new location and provides a wide range of brand names and styles to cover all budgets.

Weninger, along with Dr. Carla Matz, Dr. Dennis Braun, Dr. Kathryn Coben, Witzel, and The Eye Gallery team are devoted to providing the best possible eye care to each patient.

BARANQ/SHUTTERSTOCK

The Eye Gallery is located at #117-1132 College Dr., in the new J.B. Black Estates building, across from Royal University Hospital and a block from University bridge. There is free parking for patients behind the building.

Stop by and check out the new location or visit eyegallerysaskatoon.ca.

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"Eyes International is a one-stop shop for eyewear, contacts, eye exams and prescription sunglasses," says Michielle Noble, manager of Eyes International.

Over the past 27 years, Eyes International has been providing customers with a large selection of eyewear for all budgets.

"Eyes International is always on the cutting edge of top-of-the-line lenses and frame styles because we are constantly overturning stock to meet the needs of not only the fashion industry, but for individual requirements of people from many different standpoints in lifestyle and prescriptions," Noble says. "We strive hard to give an exceptional experience along with great service, education and competitive pricing."

And to serve its customers even better, it recently renovated for an even more spectacular appearance.

The new renos include room for more than 700 new sunglass models, which can be made into prescription glasses, while the customized high-end area is near completion. While the store may have a new look, it still offers one-hour service on most single vision jobs.

Stop by and see the new selection, styles and space at 116 Idylwyld Dr. N., or visit eyescanada.com.

CONTRIBUTED

Our passion at InVision Eye Care Centre is to fulfill your eye health and vision wants and needs, customized to you, in a warm, professional environment.

Our Doctors: **Dr. Lori Robinson**
Dr. Dorothy Barrie • Dr. Jill Gryschuk

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PATIENT CARE COMES FIRST

AT THE SALISBURY DEGELMAN VISION CENTRE

Salisbury Degelman Vision Centre was originally founded by Dr. W. Gary Salisbury as a solo optometric practice in 1954 in downtown Saskatoon.

A generation later, Dr. Paul Salisbury joined the practice and partnered with Dr. Tyler Degelman to open what it is now Salisbury Degelman Vision Centre in its current location on 21st St. The practice has now expanded to seven optometrists in two locations in downtown Saskatoon and Market Mall.

Salisbury Degelman Vision Centre proudly joined FYidoctors in 2011. FYidcotors was founded by some of Canada's most reputable and respected eye doctors, and was built on the shared belief that the quality of eye care needed to be improved and that excellent patient care should always come first. Because of that commitment, today FYidoctors is one of Canada's largest and trusted eye care providers, with more than 100 locations across the country and a team of more than 250 experienced optometrists.

As a proud partner of FYidoctors, Salisbury Degelman Vision Centre is able to combine resources, collaborate on patient care and invest in current technology to offer a new, patient-centric approach to eye care. At Salisbury Degelman Vision Centre and FYidoctors Market Mall, services include detailed vision pre-testing, comprehensive eye exams and custom fittings for the state-of-the-art, personalized, Internal Freeform lenses. Plus, there is a wide selection of designer and exclusive label frames to suit both your unique sense of style and your budget.

For more, visit fyidoctors.com.

LIGHTPOET/SHUTTERSTOCK

the eye gallery

DOCTORS OF OPTOMETRY

OPTOMETRISTS
Dr. Carla Matz • Dr. Kathryn Coben • Dr. Dean Weninger
Dr. Jess Witzel • Dr. Dennis Braun

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the eye gallery
DOCTORS OF OPTOMETRY

DIABETICS URGED TO MONITOR EYESIGHT

Former photographer Bill Power has an important message for fellow Canadians with diabetes — get your eyes checked regularly.

Power, who lives in Toronto, says he wishes he had heard that message 20 years ago when he was first diagnosed with type 2 diabetes. A few years ago, he woke up one morning and saw a red dot that wouldn't go away. He went to see his eye doctor, who diagnosed him with diabetic macular edema (DME).

DME is caused by damage to the blood vessels of the retina. When these blood vessels swell and leak, the leaking fluid can cause swelling in the macula, the central part of the retina at the back of the eye where sharp vision is determined. This can then result in blurred vision and can lead to permanent vision loss over time.

Power's vision deteriorated quickly and he is now legally blind. His vision loss has taken an emotional toll, and has taken Power a long time to come to terms with his new reality.

Now he says he is ready to help others avoid his fate.

"Had I known type 2 diabetes could result in my losing my vision I would have been checking my eyes regularly," he says.

It is estimated that vision loss resulting from DME affects approximately 2.5 per cent of the nearly 2.4 million Canadians with diabetes (approximately 60,000 Canadians), making it a major cause of adult-onset vision loss.

For more about DME and other eye conditions, visit cnib.ca. *– News Canada*

DITCH THOSE READING GLASSES

WITH KAMRA VISION™ AT HORIZON LASER VISION CENTRE

CONTRIBUTED

An innovative surgical procedure to treat presbyopia is available at Horizon Laser Vision Centre in Saskatoon.

Presbyopia is a natural eye condition, occurring in those older than 40, that reduces the ability of the eye to focus on close objects.

KAMRA Vision™ has helped thousands reduce their dependency on reading glasses.

This outpatient procedure consists of implanting a small corneal inlay in an iLASIK type pocket within the patient's cornea as a separate procedure or in combination with iLASIK in a two-step procedure.

The KAMRA™ Inlay is an opaque, microperforated disc with an opening in the centre and is much smaller than a contact lens and one-tenth the thickness of a sheet of paper.

It is designed to create a small aperture effect, allowing the eye to see near and intermediate objects more clearly while minimally affecting distance vision.

Horizon Laser Vision Centre is an established refractive surgery clinic, with the latest, safest technology combined with high-quality patient care.

With facilities in Saskatoon and Regina, Horizon has a unique patient care system that involves the optometrists and the participating ophthalmologists.

Visit horizonlaser.com to find out if you are a candidate for KAMRA Vision. For more information about refractive laser surgery, call 1-800-400-3937.

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Hours: Mon, Tues, Wed, Fri 9:00am - 5:00pm;
Thurs 9:00am - 7:00pm; Sat 10:00 - 5:00pm

The Blades' Chase Clayton is upended behind the Warriors' net by Spenser Jensen after having his shot stopped by Zach Sawchenko Tuesday night at Credit Union Centre. SIMON HIATT/FOR METRO

Unwelcome Warriors put hurt on Blades

WHL. Guests from Moose Jaw put five past hosts at Credit Union Centre

SIMON HIATT
saskatoon@metronews.ca

A battle between the Eastern Division's two worst teams was entertaining for two periods, before Moose Jaw proved to be road Warriors, downing the Saskatoon Blades 5-2.

The Blades took the first lead at the 14:39 mark of the first period as Logan Harland recorded his ninth goal of the year. But the Warriors had an answer just over a minute later when Jesse Forsberg beat Troy Trombley for his sixth goal.

In the second the Warriors got their first lead when Tanner Eberle notched his 17th of the season. But once again there was a quick reply when Harland broke into double digits in goals just 1:01 later to make it 2-2, beating Zach Sawchenko.

Moose Jaw regained the lead at the start of the third with Sam Fioretti's 15th of the year and this time the quick answer came from the same team as 54 seconds later the Warriors made it 4-2 thanks to a goal from Josh Uhrich. Moose Jaw put it away on the power play 1:13 later with Alexey Sleptsov's third goal of the year.

On Tuesday

Warriors	Blades
5	2

Sanders out of Sask.

Jock joins on with Stampeders

The Calgary Stampeders signed free-agent import kick returner and running back Jock Sanders on Tuesday.

Sanders, 25, spent the past two seasons with the Saskatchewan Roughriders after making his CFL debut with the B.C. Lions in 2011.

Sanders played in 12 regular-season games for Saskatchewan last season and accumulated 1,485 all-purpose yards, including 787 on 35 kickoff returns, and 505 on 64 punt returns. He also rushed 21 times for 78 yards and caught nine passes for 115 yards and one TD. THE CANADIAN PRESS

Returner shuffle

Als scoop up Taylor from Calgary

Larry Taylor is returning to the city where he started his CFL career.

The Montreal Alouettes announced Tuesday that they have acquired the return specialist from Calgary, as well as the Stampeders' fifth-round draft pick in the 2014 CFL Canadian Draft.
THE CANADIAN PRESS

Alexander heads home

Blue Bombers sign local boy at DB

The Winnipeg Blue Bombers have added to their Canadian talent base with the signing Tuesday of Winnipeg-born defensive back Donovan Alexander.

Alexander was released last week by the Eskimos, where he spent the past three seasons at safety.
THE CANADIAN PRESS

Carlyle hopes Leafs have s'more in tank

Toronto coach Randy Carlyle is running a "mini training camp" as the Leafs gear up for the stretch run to the playoffs after Sochi. NATHAN DENETTE/THE CANADIAN PRESS FILE

Sixty games into the NHL season, Randy Carlyle and the Toronto Maple Leafs are back to square one.

The Leafs resumed practising last week following their Olympic break. They open the post-break part of the season Thursday night in Uniondale, N.Y., against the Islanders, their first contest since a 3-1 home win over Vancouver on Feb. 8.

With so much time between games, Carlyle has taken the approach in these practices that he did back in September when Toronto opened training camp.

Resting his best

Linemates Phil Kessel and James van Riemsdyk didn't practise Tuesday. The Americans arrived from Sochi Monday and Carlyle will make sure both get sufficient rest.

"We hope it (the break) helps everybody but again, you don't know until you start playing the games," Carlyle said following Tuesday's session. "What we've tried to do is simulate a little bit of a mini training camp here and try to get our players back in top form that we can hit the ice playing the way we left the ice."

Toronto (32-22-6, 70 points), headed into the Sochi Games on a sparkling 11-2-1 run. The Leafs are tied with Montreal for fourth in the Eastern Conference standings, one point behind third-place Tampa Bay and eight behind second-place Boston.

Pittsburgh (40-15-3, 83 points) leads the way.
THE CANADIAN PRESS

Tulowitzki terse on Yankees trade talk

MLB. All-star shortstop not opposed to idea of replacing Jeter in N.Y.

Colorado slugger Troy Tulowitzki
DUSTIN BRADFORD/GETTY IMAGES

Troy Tulowitzki grew up idolizing Derek Jeter. It's the reason he wears No. 2.

Now Tulowitzki hears daily chatter about possibly taking over for the retiring Jeter at shortstop in New York.

"I take it as an honour for someone to think of myself as someone that possibly could replace him," Tulowitzki said Tuesday.

That doesn't mean the three-time All-Star wants to leave Denver. It's just that he knows after four straight years out of the playoffs, after all the injuries that have sidelined him, this season could determine his future.

"I'd love to stay here my whole career," Tulowitzki said. "But I know if you lose, other teams may be calling or things might happen."

The 29-year-old Tulowitzki still has seven years left on a $157.5-million contract that runs through the 2020 season. It's a figure that will weigh on the Rockies if they don't contend soon.

It's also a price tag the Yankees could absorb as they look to replace Jeter, who announced earlier this month he'll retire at the end of the season.

Tulowitzki broke in with the Rockies at the perfect time. He played in a career-high 155 games and hit 24 home runs as a rookie in 2007 when Colorado reached the World Series. They were back in the post-season two years later when he slugged .552.

They haven't been to the playoffs since. And Tulowitzki has played in only 438 of a possible 648 over the past four seasons. There was a broken wrist, a serious groin injury and broken ribs. When healthy, Tulowitzki is a feared hitter. He batted .312 with 25 home runs and 82 RBIs in 126 games last season.

Tulowitzki is upbeat this spring having finally entered camp healthy. He's one of the first players to arrive at the team's spring training complex each morning.

THE ASSOCIATED PRESS

Bringing home hockey gold

Canadian women's Olympic hockey forward Hayley Wickenheiser displays her gold medal as she arrives at Toronto's Pearson International Airport from the Sochi Winter Olympics on Tuesday.

CHRIS YOUNG/THE CANADIAN PRESS

NBA

Four-pointer not in league's plans

NBA players won't be pulling up for a four-point shot anytime soon.

In a statement posted on Twitter, league spokesman Tim Frank says "No one at the NBA, nor the competition committee, has had any serious conversations about increasing the size of the floor or adding a 4-point line."

THE ASSOCIATED PRESS

NBA

"There's only so many ways you can talk about off-court stuff until really the focus is on basketball and how the team is doing."

Brooklyn Nets centre Jason Collins, the first openly gay player in NBA history, says it's up to the media to decide when the story becomes more about him just being a basketball player.

Following a relatively quiet off-season, Blue Jays GM Alex Anthopoulos appears content to gamble that with better health, the group of players who won just 74 games a year ago will do better this year. But while the roster is familiar, several jobs remain up for grabs. Here's a look at five of the most contentious competitions.

TORSTAR NEWS SERVICE
Photos by Getty Images

5 Blue Jays roles up for grabs

1 Fifth starter

Drew Hutchison pitched to a 3.32 ERA in 21.2 innings recently in the Arizona Fall League.

Frontrunner: Drew Hutchison
Contenders: Esmil Rogers, Todd Redmond, Dustin McGowan, Kyle Drabek, Ricky Romero, Marcus Stroman

You can pencil in the first four spots of the Jays' rotation with R.A. Dickey, Brandon Morrow, Mark Buehrle and J.A. Happ, but the last spot remains unclear and could potentially stay that way through most of the season. Anthopoulos has raved about Hutchison, who has missed most of the last two seasons, since watching him perform in the Arizona Fall League.

2 Fourth outfielder

Frontrunner: Moises Sierra
Contenders: Anthony Gose, Kevin Pillar

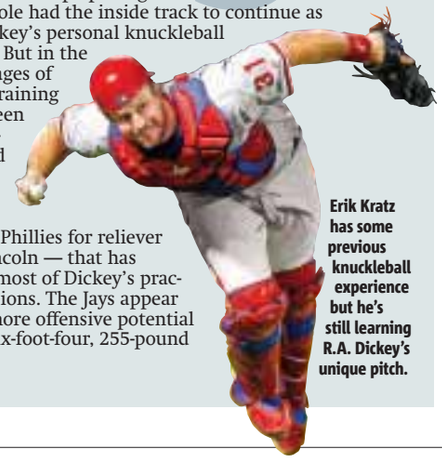
Anthony Gose has the greatest potential of all the organization's young outfield prospects, but he has yet to show he can hit consistently in the big leagues. He also can be optioned to the minors without clearing waivers. Sierra, meanwhile, is out of options. He's also right-handed (Gose is a lefty) and is currently the club's best option to platoon with the left-handed designated hitter, Adam Lind.

Moises Sierra, pictured, doesn't have near the upside of Anthony Gose, but he may be a better fit for the Jays' bench.

3 Backup catcher

Frontrunner: Erik Kratz
Contenders: Josh Thole

Prior to camp opening it looked as if the incumbent Thole had the inside track to continue as R.A. Dickey's personal knuckleball catcher. But in the early stages of spring training it has been Kratz — acquired from the Philadelphia Phillies for reliever Brad Lincoln — that has caught most of Dickey's practice sessions. The Jays appear to see more offensive potential in the six-foot-four, 255-pound Kratz.



Erik Kratz has some previous knuckleball experience but he's still learning R.A. Dickey's unique pitch.

4 Long relief

Frontrunners: Esmil Rogers, Jeremy Jeffress
Contenders: Todd Redmond, Luis Perez, Neil Wagner, Chad Jenkins

The back end of the Jays' bullpen is largely settled with Casey Janssen, Sergio Santos, Steve Delabar and Brett Cecil considered locks. Lefty Aaron Loup and Dustin Mcgowan — assuming he doesn't nab the fifth starter's spot — are safe bets to join them. That leaves just one or two spots available, depending on whether the Jays choose to open the season with a seven- or eight-man bullpen. Rogers, Redmond, McGowan, Perez and Jeffress are all out of minor-league options and would have to clear waivers before being sent down. The Jays won't be able to keep all of them.

Esmil Rogers started 20 games for the Blue Jays last season.

5 Second base

Frontrunner: Ryan Goins
Contenders: Maicer Izturis, Chris Getz, Munenori Kawasaki

Aside from starting pitching, the Jays' most glaring weakness last season was at second base, where Izturis and Emilio Bonifacio combined to be among the league's worst offensive and defensive players at the position. Goins impressed with his glove late last season but struggled at the plate, posting a paltry .264 on-base percentage in 34 games.

GM Alex Anthopoulos sought to acquire a more established second baseman this off-season but as it stands the job remains Ryan Goins' to lose.

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NBA

Raptors kick Cavs while they're down

DeMar DeRozan scored 33 points and the Toronto Raptors won for the sixth time in seven games with a 99-93 victory over the injury-riddled Cleveland Cavaliers on Tuesday. THE ASSOCIATED PRESS

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NHL. Tavares doesn't regret playing in Sochi

John Tavares' opinion on NHL players participating in the Olympic Games hasn't changed even though his New York Islanders' season ended on the other side of the world while he was wearing the colours of Canada.

"It's obviously a tough situation," the injured Islanders captain said Tuesday following his return from the Sochi Games. "I certainly love playing for my country, and if I got the call again, I would."

The 23-year-old Tavares tore the MCL and meniscus in his left knee a week ago against Latvia. He missed the final two games of Canada's march to the gold medal. THE ASSOCIATED PRESS

Quoted

"With this game, there is always that risk any time you step on the ice — the possibility of injury." John Tavares

Throw your leg over The Motorcycle Show

Sit on all the bikes. Except for the ultra fast and ultra rare models, visitors can fake two-wheeled thrills on any models in the exhibit.

AUTO PILOT
Mike Goetz
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The Castrol Rocket was built to break land-speed records. CASTROL

Not much motorcycling going on Canadian roads this winter, unless you're one of those hardy souls who ride year-round with no sense in your head and lots of long underwear swaddling your nether regions.

But there is lots of motorcycle action to be had indoors, such as in The Motorcycle Show (operated by Power Sport Services) crossing the country this winter. This past weekend the show touched down at Toronto's Direct Energy Centre, a newish venue, bigger and better than in previous bike shows, even though the hot dogs and pizza slices still cost eight bucks or so.

I love motorcycle shows almost more than automotive shows, mostly because of this fact: cars have adjustable seats and steering wheels and motorcycles don't. Consequently, motorcycles have to fit your body type and your preferred riding position before you could even consider anything else about it … And the only way to determine a good fit is to throw a leg over the bike and sit on it. A motorcycle show lets you do that over and over again, even if you're not in the market for anything and just doing it for curiosity sake. Way more entertaining than trying on jeans for example, and also less claustrophobic.

Of course there are always bikes on a show floor you can't sit on, because they're super special in some way, and the Toronto show had two such knockouts: the Triumph Streamliner called the Castrol Rocket and the century-old Indian Boardtrack Racer.

The Castrol Rocket is built to break the world land-speed record for motorcycles, currently set at 605 kilometres per hour. The goal of the Castrol Rocket is 643 km/h.

The 25-foot long "motorcycle" has Carbon Kevlar monocoque construction, and two turbocharged Triumph Rocket III engines running on methanol, for about 1,000 horsepower, give or take.

Even though quite a few motorcycles have been designed since 1913, many feel the Indian Boardtrack factory racer, circa 1913, to be one of the most beautiful and purist motorcycle designs ever conceived. I guess it helps when you don't have to put a lot of extraneous features on the bike, like rear suspension, a starter, lights … and brakes! These bikes really only have two controls, a spark advance and a kill switch.

These bikes are rare and incredibly valuable, but this particular one is even cooler, because it is an original, in unrestored condition and believed to be actually raced in Toronto back in the day, by legendary Canadian motorcycle board track and flat track racer, Harold Cole.

So the Castrol Rocket was the fastest bike at the show and the Indian was the oldest. Let's look at a couple of other categories you might be wondering about…

The 2014 Indian Chief's leather fringed side bags say vintage all over. CONTRIBUTED

Frilliest? Probably the 2014 Indian Chief, by virtue of its totally vintage and outlandish leather-fringed side bags.

Most Frugal? Probably the new 2014 Honda Grom. Not only is it small, but the 125-cc powered bike is also a category buster. What is it? Big mini bike? Small motorcycle? Medium weight lifting equipment?

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

I'm glad they don't make 'em like they used to

Driving Force. Yes, classic cars can be timeless and beautiful but don't forget how lucky we are that the automobile evolved ... no more crank starts!

JIL MCINTOSH
Drive@metronews.ca

You've probably heard someone say, "They don't make 'em like that anymore," when comparing old cars to new ones. But while cars certainly have changed, that's not really a bad thing.

"You can be nostalgic, but there were all sorts of compromises," says Richard Pickering, retired producer of the Signature Classics Collection at the Canadian International Auto Show in Toronto. "Everything today, for all practical purposes, is better than it was back then."

The automobile's progress has always been an evolution, from cars that initially had to be cranked to start, to engines today that fire up almost instantly, thanks to computerized ignitions and fuel injection. Improvements in cooling systems have all but eliminated the overheated vehicles on the side of the road that used to be the norm in hot weather, while flat tires have become relatively rare due to better construction and rubber compounds.

Engines have also become far more efficient. In 1958, the first year of the Chevrolet Impala, you could order one with a 8-cylinder engine that made 250 horsepower, with fuel consumption of about 23 litres per 100 kilometres. A 2014 Impala gets 305 hp out of its V6 engine, and it's rated at 9.2 l/100 km. The new model also steers and handles better, has far better brakes, and considerably less body flex.

However, it's also pricier: when the 1958's price is converted to 2014 dollars, the new Impala costs about $12,000 more.

Perhaps the biggest change over the years has been in safety.

"Most people didn't have seatbelts, let alone use them," Pickering says. "You just had a bit of padding on the dash, a deep-dish steering wheel, and a collapsible steering column to keep it from being a spear."

In addition to anti-lock brakes, stability control and airbags, newer cars also have crumple zones, introduced by Mercedes-Benz in 1959. Some people complain that new cars fold up in a collision, unlike older cars that stay rigid, but it's a design that has helped to consistently lower the crash fatality rate, even though there are more cars on the road.

As a modern car's body progressively crumples, it absorbs and dissipates the crash energy. In older vehicles, the rigid body transferred that force to the occupants, slamming them into the interior components.

Old cars had a certain style, although the annual design changes on American cars meant there wasn't always time to get the fit-and-finish right. "The excessive use of chrome, the tail fins, catches our eyes today," Pickering says. "But what do I drive every day? It isn't a vintage car."

Interesting facts

- **Short warranties.** While some vehicles have a warranty for as long as five years or 100,000 km today, a typical 1940s warranty lasted only 90 days or 6,500 km.
- **False advertising.** Most old cars didn't actually make as much power as was advertised, due to the test standards at the time.
- **First self-starter.** The first gasoline car with a self-starter, which eliminated cranking the engine, was the 1912 Cadillac.

The 1958 Chevrolet Impala was aesthetically pleasing but steering and power lacked.

Also, safety in this model was not up to today's high standards. PHOTOS GENERAL MOTORS

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First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer Finance customers will receive a cheque for the amount of their first 4 Bi-Weekly Payments from the dealer, for RCL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFBP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. † Until January 31, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250/ $2,500/ $3,000/ $3,250/ $4,000/ $4,500/ $5,000/ $5,750/ $6,500/ $6,750/ $8,500/ $9,000/ $10,000/ $10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 [Escape (excluding 2.0L)/ 2013 [Focus (excluding BEV), Fiesta], 2014 [Focus BEV, Escape 2.0L, E-Series,]/ 2013 [Escape S, E-Series], 2014 [Mustang V6 Coupe, Taurus (excluding SE)] / 2013 [Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs] 2014 [Edge, Transit Connect (excluding Electric), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs]/ 2013 [Taurus SE]/ 2013 [Mustang V6 Coupe]/ 2013 [Edge AWD (excluding SE), Explorer Base], 2014 [Mustang V6 Premium]/ 2013 [C-MAX]/ 2013 [Taurus (excluding SE), Escape I-4, Transit Connect (excluding Electric)], 2014 [Mustang GT]/ 2013 [Mustang V6 Premium, Escape 2.0L, Explorer (excluding Base)] / 2013 [Mustang GT]/ 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Expedition], 2014 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine]/ 2014 [F-150 Super Cab and Super Crew]/ 2013 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine], 2014 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine]/ 2013 [F-150 Regular Cab (excluding XL 4x2)]/ 2013 [Focus BEV, F-150 Super Cab and Super Crew]/ 2013 [F-250 to F-450 (excluding Chassis Cabs) -Diesel Engine] - all Raptor, GT500, 8001302, and Medium Truck models] excluded. * Until February 28, 2014 purchase a new 2013 Ford [F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L] for [$25,999/$28,499] [after total Manufacturer Rebate of [$10,000] deducted]. 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Horoscopes

♈ Aries
March 21 - April 20
You may be anxious to see progress but if you take a risk too many, you could take a rather big step in the wrong direction. If you do, there is no point rebuking yourself. It happens sometimes.

♉ Taurus
April 21 - May 21
You seem to be putting off something you know you will enjoy. Whatever the reason, you need to get started on it soon. Don't worry that there may be an element of risk.

♊ Gemini
May 22 - June 21
Everyone at some time or another wishes they could go back and undo what they have done. With that in mind, don't be too hard on yourself if you realize you could have done more or done better.

♋ Cancer
June 22 - July 23
Even the experts get it wrong and if your hunches tell you that someone in a position of influence does not know what they are talking about, then by all means ignore any advice they give you.

♌ Leo
July 24 - Aug. 23
Be careful you don't get swept and end up doing things you might later regret. It's rarely a good idea to follow the herd and someone with your enquiring mind has no need to let others think for them.

♍ Virgo
Aug. 24 - Sept. 23
Patience is a must today because if you act impulsively you will lose out. You may be frustrated that something you are working on isn't progressing as quickly as you would like but what's the rush?

♎ Libra
Sept. 24 - Oct. 23
It would be nice if you could solve all the world's problems, but be realistic: You can't come close. What you can do is join with those who share your views and aim to change one specific thing for the better.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that what you say over the next 24 hours will be taken the wrong way and used against you in the future. Misunderstandings can be costly, so spell out what you mean in plain language.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need help, speak up. You have helped others out so many times in the past that they will go out of their way to help you in return, but they can't do that unless they know you are hurting.

♑ Capricorn
Dec. 22 - Jan. 20
You don't mind taking chances but with Jupiter in your opposite sign at odds with Uranus, planet of the unexpected. Today, it might be better to play safe. There is no such thing as a sure thing.

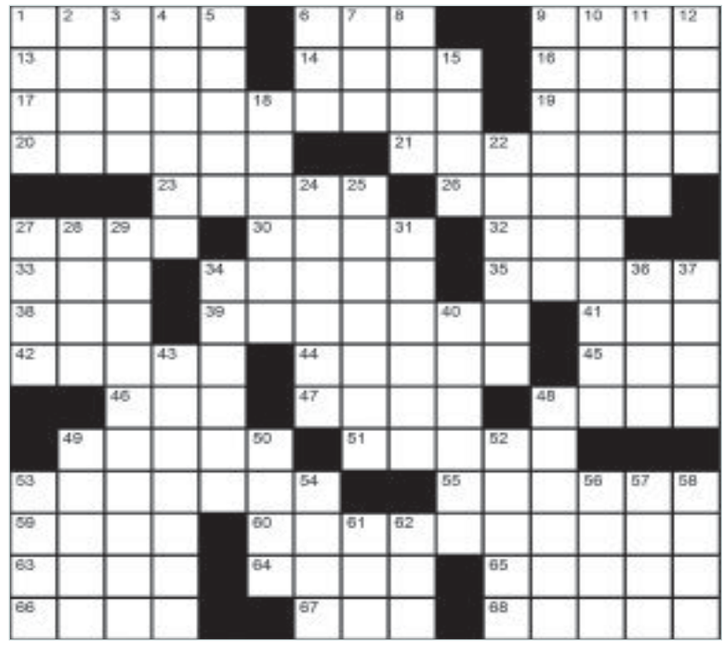
♒ Aquarius
Jan. 21 - Feb. 19
You want to do something for people who are less well off than you. That's noble but don't throw money at the first good cause that comes along. Get involved in a project that will make a lasting difference.

♓ Pisces
Feb. 20 - March 20
With Jupiter and Uranus at odds today, any decision you make is likely to have unforeseen consequences. Leave thing alone for the next 24 hours. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

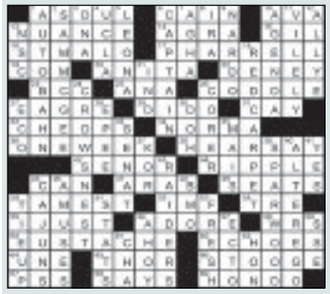
BY KELLY ANN BUCHANAN



Across
1. Vancouver stadium, BC __
6. Conrad __ (Actor on Bravo's set-in-Montreal police drama "19-2")
9. Nunavut: King William Island settlement, __ Haven
13. U2's drummer
14. Verdi opera
16. 'Exfol' ending
17. Best Picture winner directed by Clint Eastwood
19. X-__ knife
20. Add earth again
21. Have, as pretzels: 2 wds.
23. Type of religious belief
26. Declares
27. Zigs pals
30. Catriona Le May __
32. US docs' org.
33. Bread's "Baby __-_ Want You"
34. Sierra __
35. "Royals" singer
38. __'easter
39. Chrysler Building's style: 2 wds.
41. Fresh
42. Certain chamber
44. __ __ stock (Was available)
45. Ms. Gabor
46. Gladiator's 151
47. European erupter
48. Press
49. West or East, in Canada
51. Footnote abbr. meaning 'and the following' in Latin: 2 wds.
53. Extinct culture of Newfoundland
55. "Downtown" singer Ms. Clark
59. Dog food brand
60. Adhesive kind: 2 wds.
63. Jazzy Ms. Laine
64. "Who knows?" = "Qui __?" en francais
65. "_ __ a Message" by INXS
66. 'Life Is Peachy' band
67. Bigger sizes, e.g.
68. __ humains (Human beings, in French)

Down
1. Not singular [abbr.]
2. Street for Lois?
3. Pound sounds
4. 2014 Best Animated Feature nominee, "The __"
5. Hawk's habitation, variantly
6. Gambling game, __ Gow
7. Ms. Ullmann
8. Citrus coolers
9. Opera composer Mr. Puccini
10. Movie bigwig (b.1892 - d.1978) from London, ON who formed a still-existing-today movie studio with his brothers: 2 wds.
11. Mr. Preminger's 12. "__ Flux" (2005)
15. Ms. Faris
18. Sailplane
22. Newfoundland: __ Peninsula
24. Comfort
25. Authorization
27. Multivitamin mineral
28. Love: Spanish
29. "High Noon" (1952) star who won Best Actor: 2 wds.
31. "You __ bother."
34. On the tardy side
36. "Whip It" band
37. Mr. McGregor
40. The Company operative: acr. + wd.
43. Oliver Stone's Best Director war movie
48. Smartness meas.: 2 wds.
49. Stringed instrument
50. Wed's predecessor
52. Spooky
53. Not front
54. 2001 planetary Kevin Spacey flick
56. Addict
57. Queue
58. Ets equivalents
61. Lubricate
62. Cadillac's lettered sedan

Yesterday's Crossword

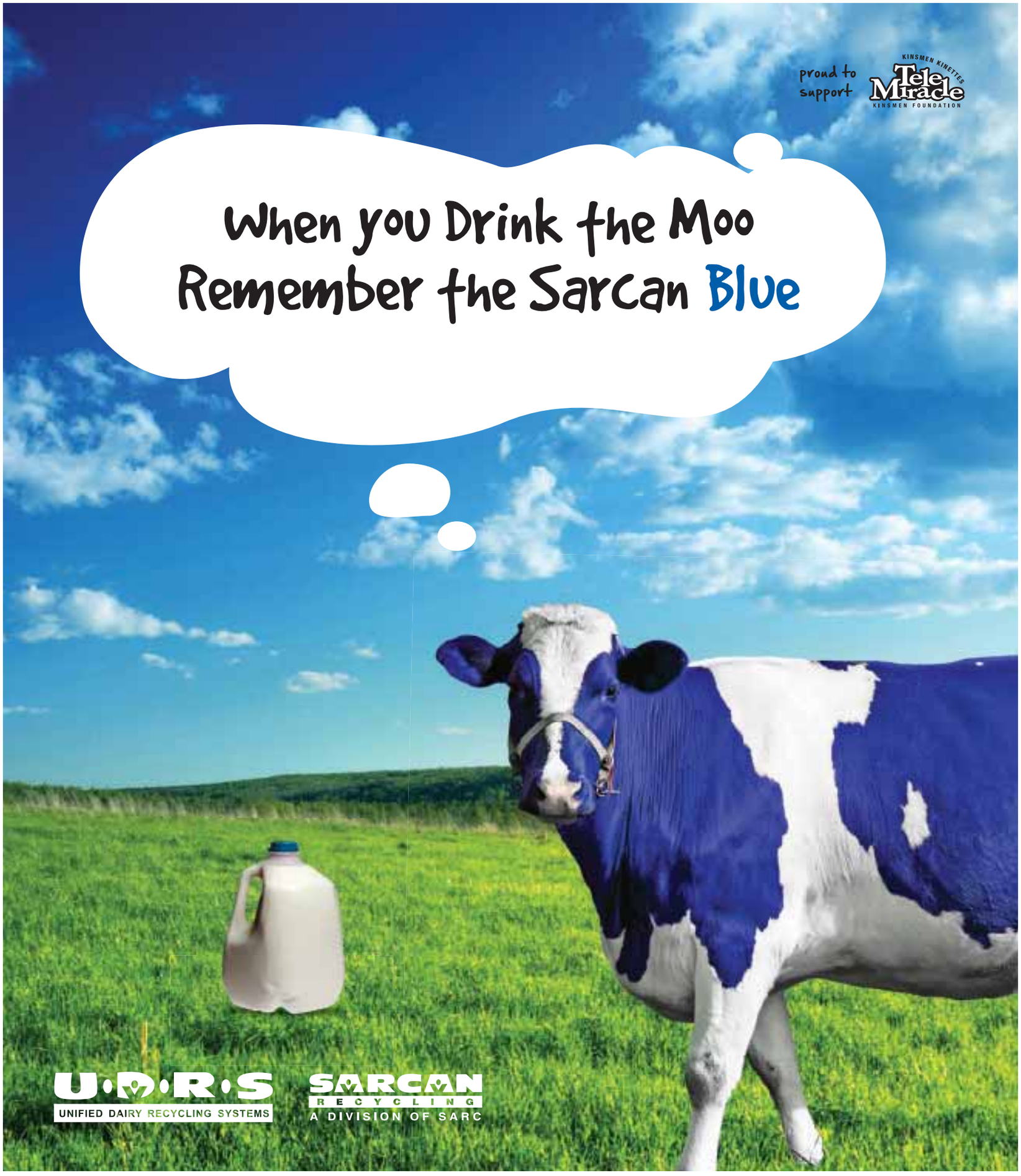


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	4	5	7	9	2	6	3	1
1	5	3	6	8	4	7	9	2
9	2	7	1	5	3	6	8	4
5	1	4	8	3	7	2	6	9
3	6	9	2	4	5	8	1	7
7	8	2	9	6	1	3	4	5
8	9	5	4	7	6	1	2	3
4	3	1	5	2	8	9	7	6
2	7	6	3	1	9	4	5	8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